

Conch Horn

December 5, 2019

From the Recreation Department:
Tom & Belle Flora

Thanks to our hosts, Bob & Peggie Michaud, Pat Babb and Don & Joanne Prine for a wonderful Thanksgiving dinner. 53 guests enjoyed delicious food, friends and fellowship. Seating is limited for Christmas so get your tickets early. Please check new Dec. Calendar it has been updated.

SUNDAY DECEMBER 15TH GOLF CART PARADE ORNAMENT HUNT & SANTA WILL BE IN THE PARK
Join us for a recreation planning meeting Wed. Dec 18th 10am in Kay Weeks. Your input is vital to a successful season. Chairpersons please make every effort to attend.

In an effort to be informed, we have established contact times:

Monday mornings 10:00 – Noon at Poolside patio
back side of Kay Weeks.

Thursday mornings 10:00 – Noon at Lower Rec
We will not be available Monday December 16, 2019 we will be out of town. We welcome ALL suggestions and *volunteers*. Please stop by and say Hi to us. We are anxious to see everyone. If you need anything outside of those hours, call 989-305-1478, 989-305-1056 or stop by lot 376.

We adopted turtle from the Turtle Hospital
TOBY tends to get out and roam the park. If you find TOBY, please bring him home to lot 376



Reward: One (1) sandwich at
cook-out. Tom & Belle

Ticket sales for Christmas Dinner will be held every Saturday at Cookouts from 12-2 until sold out. Volunteers are needed! Sign up sheet will be in the Lower Rec bulletin board for those who are here at the park. Call Debi 410-952-4181, if you are not in the park yet

THANK YOU TO THE ORLK ELVES:

Brian, Phyllis, Nancy, Peter, Cheryl, John, Pauline, Stan, Bob, Peggie, Susan, Bill, Don, Joanne Debi, Pat B., Terry Lynn, Wanda

You did a great job decorating the gathering rooms. They are very festive. All call out to elves for removal on Thursday Jan 2nd 10am UP Rec.

GOLF CART PARADE—Ornament Hunt SUNDAY DEC 15TH 4:45 PM

Don't forget to get your decorations for your golf cart or bike. Cash prizes for the top 5 best decorated. judging is at **5:45 pm** Marina Parking Lot.

Hunt for ornaments, win a prize.

Snacks will be provided BYOB drinks and share a bit of Holiday Spirit!!

CONCH HORN AND CALENDAR AVAILABILITY Bart Wilenski

ORKL printing costs during the winter months increased tremendously caused by the number of Conch Horn and calendars. To make sure it is available to everyone who wants a copy, it will be posted on the web site. It will be blasted to all the owners will be and posted on the bulletin boards. Perhaps you can take a picture or print a copy. If you are not able to access the information in any other manner give your email to the rec coordinators and we will make sure you receive the Horn. We will print limited numbers of the calendar which will be available at the office

WATER VOLLEYBALL\

Anyone who wishes to play, please show up at pool by 10:15 to play at 10:30 on Tuesdays and Thursdays. Please note that Water Volleyball will be canceled when the air temp is below 70 degrees or raining. Games will be on the gentler side, with no spiking for example, so please come out and have fun with us. Starting Date is Tuesday, Dec 17th. Debi Lot 325.

Pavement Pounders in Paradise ORLK

Pounding our way TOGETHER around the United States!

Where We Have Been: We have pounded from ORLK to San Diego, California for 7,076 miles.

Where We Are Going: We are pounding from San Diego, California to ORLK (2,750 miles)

How: We record our miles that we walk or run on a chart on the LR bulletin Board.

Our miles are added TOGETHER to reach the GOAL.

HOLIDAY HYDRATION STATION

Friday December 20th 1:30pm UR

Be a Part of the Movement!!

Join the Pavement Pounders in Paradise ORLK

TONING CLASS MONDAY & Friday

Strength training is essential for healthy living! Our Monday & FRIDAY 9:30 a.m. **Toning Classes** Incorporate strength training in fun, challenging workouts using weights, bands, plates (YUP), steps and body resistance. These are full body conditioning and strengthening Workouts sure to improve your functional strength, flexibility, coordination and improve vital core strength to protect your back. Emphasis is less on the cardiovascular system (though you will sweat) and more on the muscular and skeletal systems. Bring a mat and prepare to sweat to lively music. See Sylvia Lot 70.

ZUMBA TIME AGAIN - Ditch the Workout...Join the Party!

What is a Zumba class like? It's a very exciting dance party atmosphere full of Latin and International music. You'll forget you're working out with the sexy but simple moves to Cha Chas, Salsas, Reggaetons and more. No experience is needed!

it's fun and effective, using interval training combining fast and slow rhythms for a powerful aerobic workout while working your muscles too. You work at your own level.

The workout is basically watch and follow. Uncomplicated moves are repeated so you catch on. Routines are repeated class after class with additions to spice things up and prevent Sylvia's getting bored!

Zumba combines high energy, motivating music with unique moves and combos allowing Participants to dance away their worries. The principle - a workout should be 'FUN AND EASY TO DO' so you stick to it and achieve long-term health benefits. Not only is Zumba great for the body, but it's great for the mind - a truly feel happy workout.

Warning: It's a very infectious and fun way to workout, lose weight and become a healthier new you - you'll love the results. Bring your family and friends to be a part of the Zumba Fitness party! Men and women are both welcome!

News From Sue Wilenski, President, LKLK

LKLK Meeting December 12, 2019 12:30 Kay Weeks

All women are invited to attend. Events for the new season will be discussed.

Be sure to support our 50/50 drawing at the Saturday cookouts.

LKLK Passes Available to ORLK Residents

Once again, the Long Key Ladies Klub has purchased annual passes to local facilities for use by residents of ORLK. For 2019-2020 passes are available to:

Dolphin Research Center. 9am-4:30pm daily DRC is a non-profit education and research facility. Home to a family of dolphins and sea lions. Behavior and educational presentations every half hour. No reservation necessary.

The Turtle Hospital. 8:30 – 6pm daily. Non-profit organization dedicated to the rehabilitation of endangered sea turtles. Reservation must be made in advance for the tour. Call 305-743-2552

Crane Point Museum and Nature Center 9am-5pm daily. A non-profit organization - The Florida Keys Land and Sea Trust. 63 acre tropical oasis includes museum, gardens, and trails. Call 305-743-3900 for guided tram ride reservation .

Florida Keys History and Discovery Center Open Wed-Sunday 10 am – 5pm Permanent exhibits of early culture and history of the Florida Keys, rotating exhibits, films, and tanks operated by Mote Marine. No reservation necessary.

Pigeon Key Foundation and Marine Center A five-acre island only accessible by boat. Used to house 400 workers during construction of Henry Flagler's Overseas Railway. Guided historical tour and all day access to Key. Snorkelers must bring own equipment. Ferry departs Visitor's Center 10am, 12pm, 2pm daily. Ferry departs Pigeon Key 12:15pm, 2:15pm, 4pm daily Times may change based on weather. Call 305-743-5999 to check availability

Each pass is for four persons. You must call ahead to reserve the passes and pick them up on the day reserved. Passes to be returned at the end of the day. Call Sue Wilenski 631-578-9755 or Sara Atkins 678-488-4997 to reserve the passes or for more information.

Welcome in 2020 "Rockin' Rob's" New Year's Dance Party!

Upper Rec Hall
7-10 PM or later
BYOB & Snacks

Tickets \$10.00

Tickets on sale Saturday December 21st at Cook-out



CHRISTMAS DINNER

December 25th, 2019

4:00pm-6:30pm Upper Recreation Hall

Turkey, Ham, Mashed Potatoes, Dressing, Gravy and Green Bean Casserole will be provided as well as coffee and water. Tickets \$7.00 on sale Dec 7th, 14th and 21st during cookouts 12-2. Table selection can be made at that time.

Please bring to share a vegetable, salad or dessert that will serve 8-10 people. Sign up for selection at ticket purchase.

We also need volunteers to make this a successful event!

Sign up sheet on bulletin board in LR.

Contact Debi: Lot 325 or 410-952-4181 or email:

dloeffler13@hotmail.com for more information.